

Livewell Weight Management sessions

From 4 January 2021



A Derby City Council Project

Get moving and eat better!

We've had to change much of our programme due to COVID-19, but that doesn't mean you can't reach your goals through Livewell's fun and friendly virtual activities. Your advisor will suggest exercise activities to try as part of **your Move plan**. Please ask your advisor before trying a new physical activity.

Facebook Weight Management Support Group

Get online support through our Facebook weight management support group (for existing and former clients) where you can discuss how you're doing, share tips, get advice from our advisors and even take part in live exercise sessions. It's easy to join. Go to the [Facebook Support Group](#) answer a few questions to confirm your eligibility and then you're all set to join the sessions below!

Day	Time	Type of session	Advisor(s)
Mon	12.30-1.45pm	Virtual Health Hub	Rania / Gemma
Mon	5.30-6.00pm	Live Exercise Session	Joe
Weds	9am-5pm	Wednesday Weigh In	Aimee / Louise
Weds	6.30-7.00pm	Live Exercise Session	Joe
Thurs	5.30-7pm	Virtual Health Hub	Aimee

Our friends at **Derby Active** are also providing a **Workout at Home programme** on Facebook. Every week there's a range of classes for you to keep active and motivated during this difficult time. Everyone is welcome and it's free! Join the [Derby Active Classes Facebook group here](#).

YouTube Exercise Classes

Take part in our exciting Livewell exercise classes. If you can't take part at the scheduled times, they are still available to view afterwards. All current clients will be sent direct links to the classes by their advisor.

Day	Time	Type of session	Advisor(s)
Tues	6-6.30pm	Standing Body Weight Circuit	Andy
Thurs	12.30-1pm	Fast Abs	Joe

Virtual Bootcamp Course

A NEW six-week online bootcamp with weekly exercise challenges (homework). To book email livewell@derby.gov.uk

Day and date	Time	Type of session	Advisor(s)
Tues 12 Jan	7-7.45pm	Microsoft Teams or Skype – no special software needed just a computer and internet access. Gemma will contact you before the course to explain how to join.	Gemma

All activities are subject to change – please see www.livewellderby.co.uk/resources for the latest programme

Skype Motivation Sessions

Join our live Skype group sessions to discuss a wide range of weight loss topics with the Livewell team and other clients. The perfect opportunity to keep yourself on track, meet other clients and increase your motivation to stay healthy during lockdown. You are welcome to join us every week or just every now and again.

You can also take part in a one to one home exercise workout with a Livewell advisor. The advisor leading the workout will contact you before your appointment to discuss your requirements. No need to have special software, just a computer and internet access. To book a space on either session, please contact your advisor/

Day	Time	Type of session	Advisors
Mon	6.00-7.00pm	Group discussion	Rania & Andy
Tues	5.30-7.30pm	One to one home exercise workout	Gemma
Weds	9.30-11.30am	One to one home exercise workout	Andy
Weds	1.00-2.00pm	Group discussion	Aimee, Andy & Joe

Virtual Lose Weight Feel Great

Based on our popular real-life course, this virtual six-week version will still help you lose weight for good! Through practical and fun sessions, you'll discover ways you can eat more healthily while steadily shedding the pounds. Livewell's sensible plan means you're much more likely to keep the weight off unlike quick-fix diets. Topics covered include – fad diets, portions & snacking, fats, sugar/salt/hydration and mindful eating. Clients need to commit to all six sessions.

To book please email livewell@derby.gov.uk or call 01332 641254.

Day and date	Time	Venue	Advisor
Mon 25 Jan	6.30-7.30pm	Microsoft Teams or Skype – no special software needed just a computer and internet access. Rania will contact you before the course to explain how to join.	Rania
Tues 26 Jan	1.30-2.30pm	Microsoft Teams or Skype – no special software needed just a computer and internet access. Cathy will contact you before the course to explain how to join.	Cathy

"I have enjoyed the classes and learnt a lot. It has dispelled my misconceptions about diets and foods that are good and bad for us. One of the main advantages is the tremendous support and encouragement from the other participants. It has given me a new way of life and a healthier life, not just for a week but forever."

Virtual ESCAPE-Pain Course



If you suffer with osteoarthritis this course is for you. Find out information to better manage knee and/or hip pain and take part in a gentle, individualised exercise programme that matches your needs and pace.

ESCAPE-pain stands for Enabling Self-management and Coping with Arthritic Pain through Exercise and is a rehabilitation programme providing education and exercise to help and encourage people with self-management of their pain. ESCAPE-pain is approved by NICE and supported by NHS England and Arthritis. **All activities are subject to change – please see www.livewellderby.co.uk/resources for the latest programme**

Research UK. It's a group programme tailored to individual needs with strong evidence to support the benefits of taking part in regular exercise and education for self-management.

- Sessions are delivered twice weekly; across an interactive platform which allows facilitators and participants to speak to one another.
- There is a fixed cohort starting and finishing together.
- The education and exercise sessions are done in real time (not using videos).

Clients will need to be able to provide data online at the first and last appointment and all resources will be emailed. You will be contacted the week before to discuss data collection, information on how to prepare for the exercise, possible equipment needed, how to use Skype, and address of where you will be exercising in case of medical emergency. To book please contact your advisor or email livewell@derby.gov.uk

Start Dates	Time	Platform	Advisor(s)
NEW DATES COMING IN 2021!!			

REAL LIFE SESSIONS

Due to current restrictions, face to face activities including exercise classes, weigh ins, Couch to 5k courses and walks are suspended. We hope to start offering these again soon once restrictions ease.

Home exercise plan or online exercise videos

If it is not possible for you to exercise outdoors or join our virtual sessions, a home exercise programme or online exercise video may be a good option for you. Speak to your advisor who will be able to help you to devise a programme to suit your needs.

Livewell Weight Management Resources

Don't forget to access our wide range of resources all available from our website, including:

- Food diaries
- Portion plans
- Recipes
- And more!

To view and download, go to our [Client Resources webpage](#).

These should be used in conjunction with your [green Eatwell Guide Booklet](#). Please contact your Livewell advisor if you need any support or guidance in relation to using the resources.

Contact information

Livewell Customer Contact Team

01332 641254

Email: livewell@derby.gov.uk

Leisure Centre contact numbers

Derby Arena – 01332 640011

Queen's Leisure Centre – 01332 641444

Springwood Leisure Centre – 01332 640333

Livewell Advisor phone numbers

Gemma Brooks – 07812 300295

Mark Dolman – 07812 301991

Andy Gunter – 07812 302050

Sufyaan Mia – 07812 302020

Rania Omar – 07812 302005

Aimee Roberts – 07812 302003

Joe Wilkinson – 07812 302054